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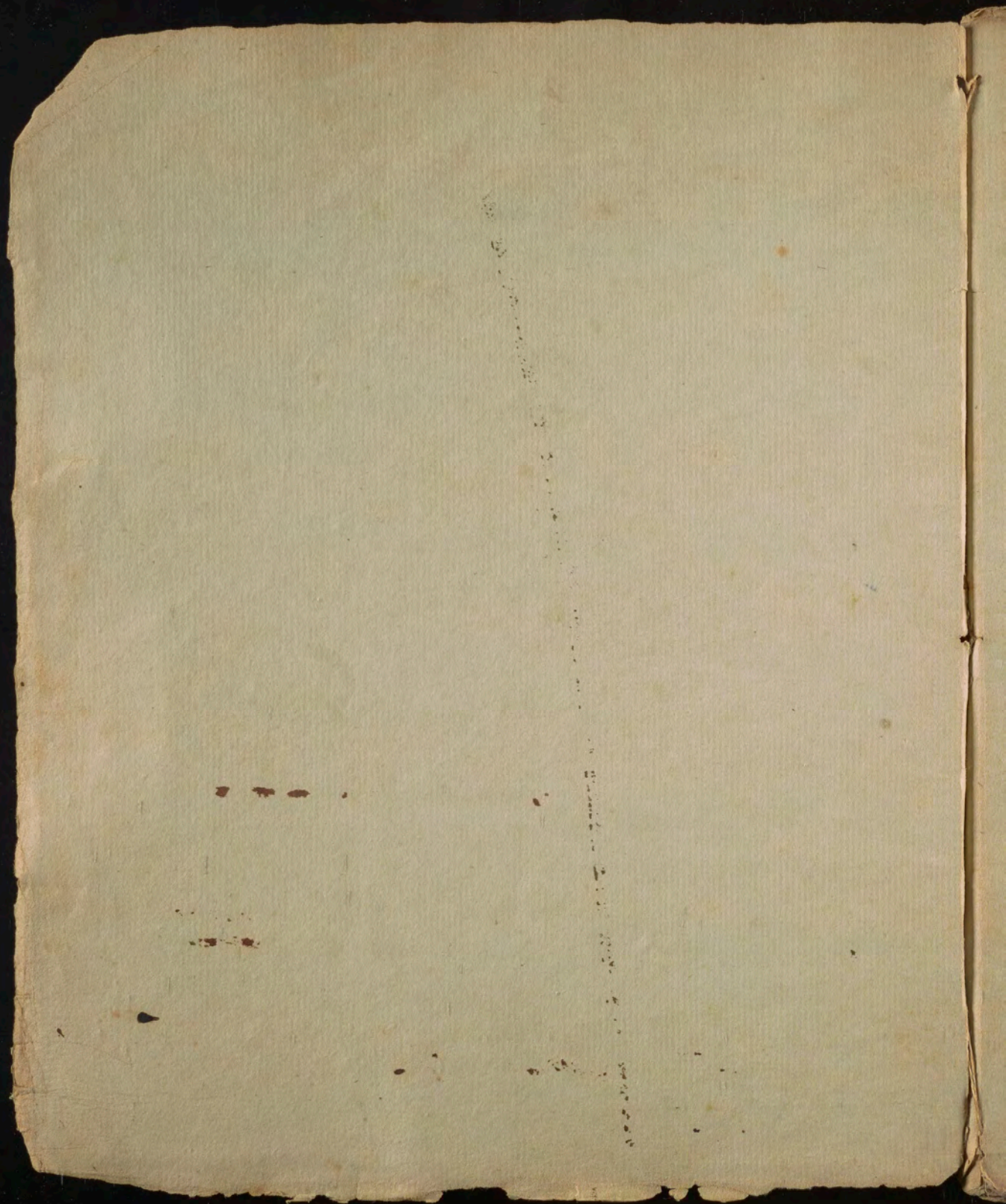
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no. 3

in Duncan's Therapeutics
next year 1860

Lectures upon the
Principles of the
Materia Medica.



1
Gentlemen/

We have surveyed the
body in its healthy state; that is a
state in which all its functions
are performed with ease, regularity
& order. We proceeded next to view
it in a morbid state; that is
in a state in which its functions
are performed with difficulty, &
irregularity, ~~and disorder~~. We
come now to treat of the means
of removing this ~~disorder~~ ^{eases}, and
the weakness which predisposes,
^{or which follows it.}
to it. This part of a course of

✓ It is not my business to treat minutely upon each of those articles. +

✓ I regret that the limits of our course ^{minutely} ~~will permit~~ ^{restrain} me from treating ~~them~~ + It will be sufficient if I ~~express all the articles of the materia~~ open an arsenal, ~~of these to you only~~ & discover the weapons ~~medicines~~. I shall ~~however~~ glance at of our medical warfare, & the manner of using them ~~course of them, and treat~~ but of on a field day. Hereafter I shall endeavour to apply ~~shall detail at full length all my~~ them to in real combats with all the different ~~principles upon the subjects~~ ~~operation~~ & numerous enemies of the life of man. ~~to exhibition, & operation of medicines.~~

I shall first read the articles contained in our syllabus under the head of Therapeutics. —

of Institutes is called Therapeutics,
 or the methodus curandi by the
 Schoolmen. It ^{contains in} other words
 a short ~~art~~ ^{of the} ~~principles~~ ^{Articles} of the
~~the~~ ~~principles~~ ~~of the~~ ~~material medica~~ ~~the~~ ~~theory~~ ^{their} ~~of the~~ ~~action~~
~~of medicines upon the human~~
 body. The first Article in our
 syllabus is an inquiry into the
 supposed powers of Nature in
 curing diseases. Upon this subject
 I shall read to you an extract
 from an oration of the diseases
 of the Indians of N. America^{ch}.

V In addition to what ~~has been~~ I have
~~see read~~, I shall ^{only remark against the} ~~repeat what I observe~~
^{powers of nature} ~~remarked formerly upon the Diseases~~
~~of dumb animals~~. Sickness & Death
are nearly synonymous in ^{Dumb Animals,} ~~them~~.
Even Catarrhs so easily cured by medicine
often prove fatal to Cattle & Horses ^{owing}
to the feeble or illdirected operations of
nature. Even Catarrhs so easily cured in
the human species, often prove fatal
to Dumb animals.

3

I delivered before the American
Philosophical Society & published
in the year 1772 in this city.

I am the more disposed to
read this passage to you, as it
will vindicate me from the
charge of having borrowed my
principles ^{upon this subject} from Dr. Brown, and
show that the doctrines I have
taught from this Chair are
the result of ^{near 30} ~~more than 25~~
years study & reflection. —

“ Here bring in the extract]
p. 44. vol. 1

✓

V As well as might we subscribe to the
boasted but absurd
omnipotence of reason in morals, govern-
ment and Religion, as subscribe to the
salutary operations of Nature in diseases.
- The former as the powers of reason ^{are} ~~is~~
limited ^{chiefly to} ~~only to providing for~~ those arts
which are intended to support our bodies
such as agriculture, and the mechanical
arts, so the powers of Nature are limited
to those ^{as have} ~~to~~ flight indispositions, such ^{as have} ~~as~~
been mentioned. In all the other diseases w:
have been enumerated Nature is as much
appalled as ^{human} Reason has been in ^{its late} ~~the~~ attempts
which have been made to introduce new
systems of morals, government & Religion
into the European world. —

4

I might here proceed to show
~~how~~ the pernicious influence
of the Operations of nature in
the moral & political world.

Folly and vice of every kind are
the fruits of "following nature".

The commotions, and distresses
which ^{have lately} ~~now~~ afflicted so great a
part of our globe, ^{were} ~~are~~ the

effects of ~~being~~, the rulers of
mankind "following nature". But

The only use I shall make of
~~I leave these subjects, only to~~

~~suggest~~ applied what has been

① Another question of more importance, and of a more novel nature occurs here, & that is are there are any Diseases which it is improper to cure? To this question I answer that there are, and that it is highly necessary to know ~~what they are~~ ^{especially on the head} them. 1 In infancy eruptions ^{especially on the head} should never be cured without substituting a Diarrhoea in their room. 2 The ^{bleeding} pills should not be used in old people, nor in middle aged people ^{tho} without substituting an artif^l outlet of blood to them. 3 There are cases of Diarrhoea which sh^d not be cured too suddenly. 4 Intermitting fever sh^d not suddenly be cured in maniacs Dr Bond's fact of Gloucester County. 5 Dropsy It diffuses a local Disease. 6 Rheumatism sh^d not be suddenly cured in ^{nor maniacs -} Consumptive people, Dr Monro's daughter. In Penn^a 7 ^{Ascaris} Dropsy with caution after long continuance. The Vessels lose all power of acting, & the fever ^{a distant one} which attends it runs as

^{said}
 upon the Operations of nature
 in medicine, ~~and that I shall~~ ^{shall be to give you}

~~do by~~ a single Article of Advice,
 & that is

~~this~~ - Whenever you are called
 to visit a patient in an acute
 or dangerous

Discase, always to treat nature

as you would do a noisy

Dog or Cat in a sick room,

that is - ^{first} turn her out of the

room, & shut the door upon

her, before you prescribe for

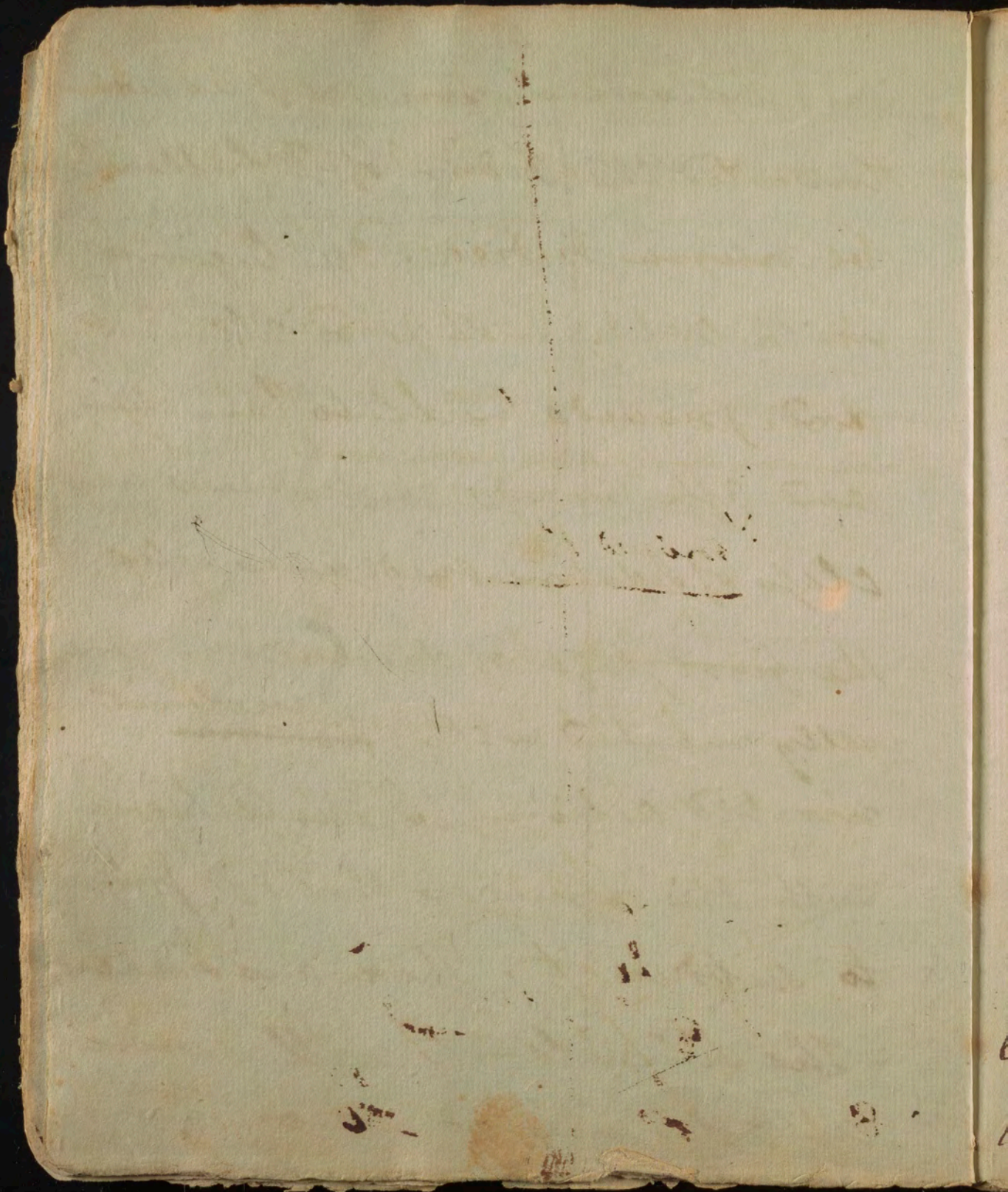
your patient. ~~not to~~ ✓

In the further discussion
 of the subjects contained in

Artificial stimuli to supply the place of
food or medicine. Death often succeeds tapping.
& many live long without it. Anasarca ~~shd be~~
not be cured, ~~very~~ ^{suddenly} when it succeeds
mania.

After all - as disease is /metamorphical,
it should ~~not be~~ ~~safe~~ when safe be radically
removed by strengthening the system.

our Syllabus, you see I have
 inverted the Order of D. Haller's
 materia Medica. It begins
 with Nutrientia or Aliment,
 and proceeds next to Stimulants,
 and afterwards introduces his
 class of Sedative Medicines. As
 the first stage of disease is gene-
 rally marked with ~~too much~~ ^{violent}
 morbid action, I shall begin
 with the remedies that are proper
 to subdue it. These are Sedatives.
 The Stimulants will come
 in after morbid action is



7
in part or wholly subdued, ~~the~~
the Nutrition ^{or} Aliment will
be ~~proper~~ introduced to obviate
the debility that predisposes to
the disease, or which is left by
remedies that have been used to cure
~~them in the system.~~

them. ^{proceed then}
but ~~cannot now~~ to speak of the
Remedies
~~remedies~~ which remove morbid
action by abstracting stimulus from
the diseased part either directly
or in other words cure disease after it is formed.
or indirectly. They are

- 1 Rest. 2 Abstinence
- 3 V.S. - 4 Vomits, 5 Purgings.
- 6 Diuretics.
- 6 Sweats, 8 Cold Air, 9 Cold water
- 10 Ice. 11 Low diet, 12 Darkneps,

✓ I shall only remark further
upon them, that they all act
more or less ~~by~~ after reducing morbid
(^{this is from} always psittical)
excitement, by ^{diffusing it equally} ~~equalizing~~ ~~the~~
thro' every part of the body. —

Hereafter I shall treat of each of
them. Diet & fasting are proper
in the forming states of diseases.
Now ~~the~~ are cur^e of the latter
remedy see Dr Miller &c.

10 Fear & other sedative passions ch
13 Silence. & ~~the~~ certain medicines w.
in one place
remove morbid Action, as Digitalis
nitre, and certain preparations
of lead, ^{by exciting it in others.}
I wish our time
I shall deliver such Observations
every thing that
I am speaking of the Cause of
of great morbid Action
inflammations, as will render it
unnecessary to add any thing upon
these remedies upon the present
occasion. ✓

The 8th article in our Syllabus
includes the medicines which
remove morbid Action by exciting
a stronger & healthy Action in
the diseased part, or in some

✓ have been called firmulants. They
~~are supposed~~ ^{by converting} act, ~~upon~~ the excitability
of the system into excitement. I ac-
-knowledge my ignorance formerly
of what this excitability is. Dr Gistan-
-ner supposed it to be Oxygen. There
are ~~solid~~ some Objections to this Opinion.
But I am satisfied that it is matter
of some kind. I formerly compared
excitement to water, & excitability to
vapor. They are like ~~the same~~ water
& Vapor convertible into each other.
The ^{tenacity} ~~mobility~~ of excitability, compared
wth excitement is illustrated by the tenacity
& mobility of ^{Vapor} ~~water~~ compared with
water. — I prefer the term Excitab^l
to sensorial power. I because it, implies
a substance, & not a quality. & because
sensorial power implies sensation, and

9
Other part of the body. These remedies^V

To understand this ~~has~~ indication
or the manner in which ~~stimulant~~ operates
of cure, it will be necessary to
-state,

repeat 1. That there cannot be
^{but} more than one action in the
systems of the body at
certain ~~parts~~

once. 2. ~~That case~~ I say in
systems ~~parts~~, for I shall show

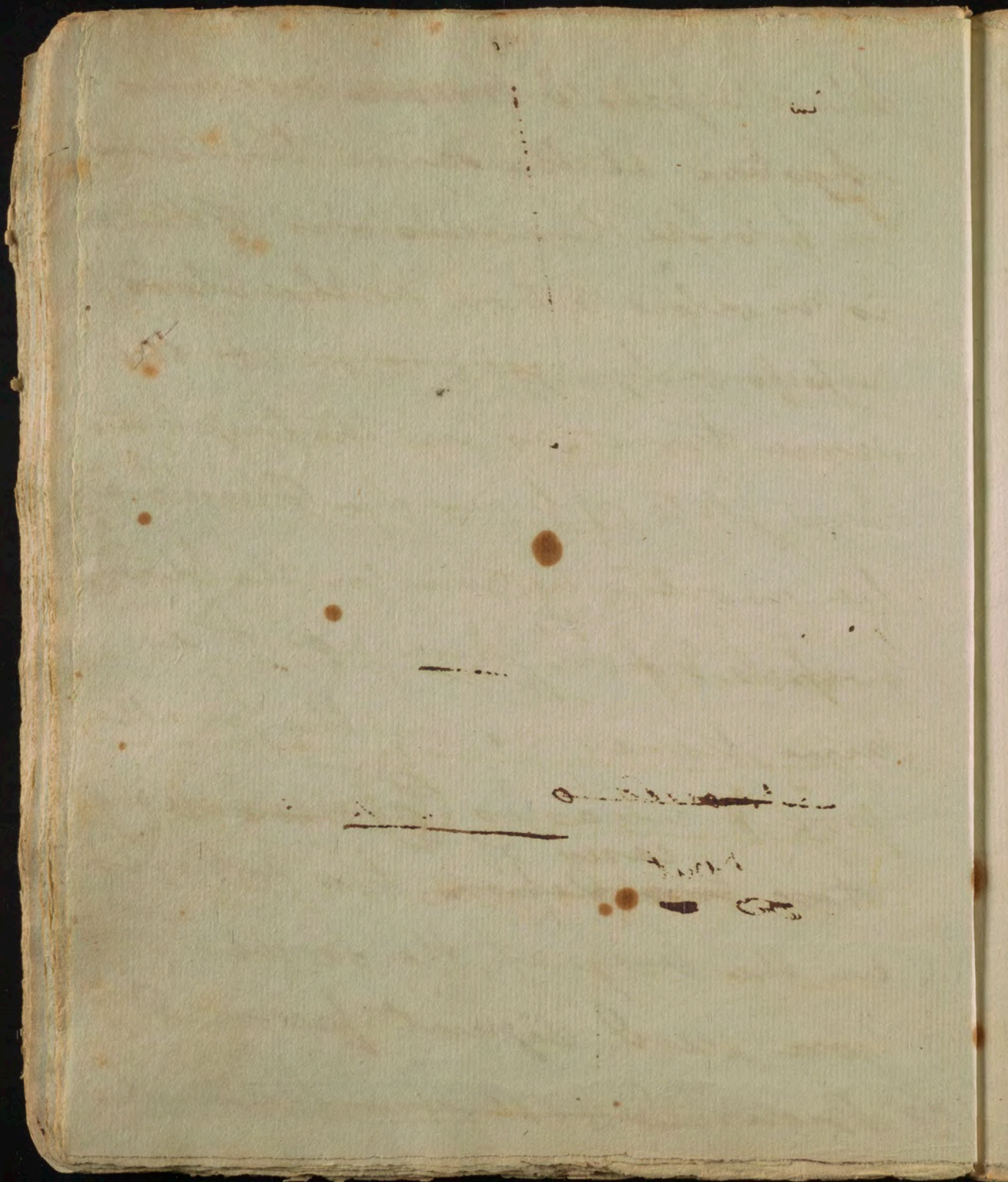
~~presently that~~ there may be ^{two} morbid

actions in different ^{systems} parts
at ~~of~~ the same time. ~~For there~~
^{is} ~~may~~ morbid action in the blood:

veins & bowels, at the same
time in ^{the} Dysentery. There is
morbid action in the blood

we know there may be a great accumu-
-lation of excit^d and even mor-
-bid action in a part without
sensation of any kind. —

10
blood vessels & ~~small~~ nervous
system at the same time as
in febrile convulsions. There
is morbid action in the blood
vessels & Lymphatics, at the
same time, as in the Suppu-
-lous state of fever. — There may
be morbid action in the blood-
vessels & ^{the} skin at the
same time, as in the small
pox & measles. ~~But~~ ⁱⁿ admitting
these ^{cases of} ~~two~~ ^{two} actions
in the body at the same time
you see I dissent from ~~Dr~~
Dr Brown & ~~Mr~~ Hunter who



derives the existence of two morbid
 actions in the body at the same
 time. ~~It~~ This mistake arose
 from superficial Observations,
 and from an ~~ignorance or in-~~
 -attention to the division of the
 body in different Systems ^{ch} w:
 have introduced into my lectures
 & into one
 of some of my late publications.

~~These Observations being promised~~
~~I proceed to~~
~~I go on to remark that~~
 2^{ly} ^{But} ~~that~~ two actions of equal
 force cannot exist at the same
 time in the same System. The
 measles & small pox both affect

ly I repeat again
V 3: ~~How~~ All Stimulating medi-
cines act more upon one part
of the body than another, Or in
Other words, Medicines act specifically
upon the different Systems.

Of this I gave many examples
particularly upon poisons.
in our pathological lectures.
It is astonishing that this opinion
of the specific operation of medicines
should ever have been called in ques-
tion. Vomits & purges long time
inmaternal ~~had~~ ^{have} afforded proofs
the truth of ~~of~~ ^{of} ~~Jalap~~ ^{Jalap} ~~is in said subjects when injected~~
of it. Mercury & Cantharides in
~~into the blood vessels.~~ ^{the existence of}
modern times prove ~~it~~ ^{it}. Dr Darwin
~~specific stimuli~~
among other facts in support of
it, relates a case of a man upon

the blood vessels, but increases at the same time. The actions are ^{as} contagious, ^{as} ~~the~~ ^{are} ~~recent~~, or evanescent. The eruptions of from both diseases often appear at the same time on the skin, but the times of their appearance are always in succession to each other. V

These Observations being premised, I go on to remark, that stimulatory medicines act by where they ^{a stronger} cure a disease by exciting ~~an~~ ^{either} healthy, or morbid, action in the system, ~~stronger~~ ^{or less marked} ~~is more natural~~, than that

who had a palsy in his legs, on
whom ~~a fine~~ the prick of a pin
produced no pain, but who
felt in the same sensible man-
ner, the heat of a common
fire: —

V It is a common objection to
many ~~medicines~~ ^{remedies}, that they are worse
than the disease. It is necessary that
they should be so, otherwise how could
they overcome that disease? In cases
where the morbid action surpasses
the natural force of the remedy, depletion
should be used to turn the balance
of power in favor of the medicine.

^{power}
The action excited in the system may
be either a ~~new~~ natural or a morbid one,

in ^{ch} the disease consists. Sup:
 -pose the force of the disease to
 be 20, and the force of the medi-
 -cine to be 30 - the morbid action
 will yield at ~~once~~ to the force
 of the medicine. ^v ~~Therefore~~:

you see the benefit of depletion
 in diseases of great morbid action.
 Depletion in this case

It may be compared to weakening
 an antagonist ~~by~~ ^{before} ~~with~~ ^{your} ~~own~~

wrestle with him. Stimulants
 often do harm by being given
 too soon, before the system has
 been depleted by nature or art.
 Disperham never prescribed

less dangerous than the existing disease.
no Opium - or $\frac{1}{2}$ -

them without previous evacuations
 of some kind. I shall ^{explain} ~~illustrate~~
 my meaning by resuming my
 numerical illustration. Suppose
 the force of ^a ~~the~~ disease to be 30
 & the force of a medicine to be
 20. In this case, it cannot over-
 come the morbid action - But
 it is not altogether inert. It
 increases this morbid action. &
~~hence~~ ~~the~~ this has been observed
 frequently in Intermitting Bilious
 fevers, where the Bark has been
 given without sufficient
 previous evacuations. These

V This observation will enable you to understand the reason why ~~so~~ similar diseases are sometimes cured by remedies, the opposites of each other. E.g. Bark has cured the yellow fever in some instances, as certainly as V.S. - But it has ^{been thought} those cases only, in which the morbid action of the blood vessels has been weaker than the ^{action} ~~action~~ ^{existed} by the stimulus.

Take notice - Remedies w^{ch} cure disease of the Bark. by inducing other actions, sometimes induce the morbid actions that are safe, as opium &c. Determine to surface by sweat, or morbid by salivation. ~~Again It is probable~~ There is a great

variety of stimulants, all producing a different action - probably they cure in some cases by exciting a new action - of less force than the disease, but so different from it that both can't exist at once. Perhaps

Stimulants act either Directly upon
 the diseased part, or indirectly by
 acting upon a healthy part of the
 body. — Eg. a few drops of Laud:
 will check a ~~moderate~~ vomiting
 when it arises from a moderate
 degree of morbid action in the
 stomach, by acting at once upon
 the morbid part. Again. Bark
 & opium will cure a ^{moderate degree of} morbid
 action in the blood vessels by ^{exciting} ~~acting~~ a
 stronger action in them thro'
 the medium of the stomach.

I refer you to Dr Cullen for a
 catalogue of stimulat^g medicines.

This depends on difference of sensibility in
the parts acted on by the disease, & by
the medicine. all stimulants cure in one
of 3 ways. 1 By exciting a stronger, or
2 by an opposite ^{action} from difference of sensibility
or 3^d a new or specifically different action.

✓ Suppose the force of the ~~the~~ disease to
be 40, and the force of the medicine to
be 30, ^{first reduce the disease to 25, or 20 of course.} the morbid action will yield to
the force of the medicine.

^{practice you see is the}
This ~~reverse~~ ^{practice} ~~you see of Dr Brown's practice.~~
who advises giving stimuli nearly equal to
excitement [&] then gradually reducing them
the practice is dangerous & absurd.

I shall ^{now deliver} ~~only add~~ a few rules for their exhibition. —

— 1 ~~Begin by~~ ~~Do~~ Begin by reducing the system below the force of your medicines ~~Do~~ by means of depleting remedies. There is ^{a further} an advantage in depletion, which greatly favours the action of stimulating medicines, and that is, it accumulates the excitability of the system, & thereby ^{extends} ~~increases~~ the ^{surface on which} force of the medicine is ^{intended to act}.

It was probably to obtain this advantage among others that Dr Sydenham never prescribed a tonic medicine ^{even} in a Chronic disease, or without previously ordering a

The same remark applies to Bark - & all other Stimulants.
V There are ~~but two~~ ^{two} exceptions to this rule,
formerly mentioned. 1 Where it is necessary to
destroy irritability as in some hemorrhages
by *Sac. Fat.* & in other Diseases by *Digitalis*, &
2 Where it is necessary to dissipate excitⁿ as
in Tetanus.

VI During this time take care to defend
the system from all adventitious Stimu-
-li such as too much light, - conversa-
-tion & exercise - for those by combining
with your medicines will hurry on
the system to ^{depression} ~~irritability~~ - & thus
defeat ~~the~~ the design of your prescriptions.

^{Do not} in Dr Potter's case - in my view - ^{do not} ~~do not~~ wrap
anxious Distⁿ ^{manic} ~~manic~~ ^{strenuous} ~~strenuous~~ ⁱⁿ ~~in~~ ⁵ ~~5~~ hours sleep.

The course you see of Dr Brown's

Vomit, ~~or~~ a purge ¹⁷ or V. ~~or~~ V

2 ~~Begin~~ In cases where the excitability is greatly accumulated, Or in other words, in the first stage of acute diseases, begin by giving small doses of stimulants, & increase them gradually, till you surpass in force the strength of the disease. This direction is of great importance.

Five drops of L. given in the beginning of a fever will produce a greater effect than 50 drops in the close of ^a fever after the excitability of the system has been dissipated. ¹¹ But in cases where there is no accumulation of Excitability.

V Causes which predispose to the Jail or Hospital fever. -

I ~~would~~ not only ^{advise} ~~recommend~~ large Doses of Stimulants in an exhausted state of vitality? but I wish to caution you against small Doses of them. While large Doses arrest vitality? - and ~~suffocate it so~~ ^{either convert it} ~~acts~~ suddenly into excitement, or suffocate it to be converted gradually into excitement, small Doses of Stimulants expend it, &

thus to reduce the System & accelerate Death. The physician of the late Mr Pitt objected to the application of blisters to the soles of his feet in the low & last stage of his illness, wisely giving as a reason for it, that by ~~not doing so he might~~ they would hasten his Death, for they were too feeble a stimulus to excite his System, & barely strong eno^{ugh} to dissipate the feeble remains of its vitality: all the great ones I have ever seen or heard

begin with large doses of ~~tonic~~ ^{stimulating} medicines. This is generally proper in the close of all diseases, but it is proper in the beginning of one disease viz: the low state of power, commonly called the fail power. Dr Robertson tells us that he strangled this power in the military, and naval hospitals in many hundred instances by ~~giving~~ ^{giving} three or four ounces of Bark in a day as soon as the disorder showed itself. Here take notice, the action in ~~the~~ ^{the} blood vessels is moderate or rather feeble, and the excitability of the system nearly exhausted by those debilitating

in the low & last stages of his was ^{when performed by age} been aided by
large doses of opium or ~~large~~ quantities of fermented or
~~distilled liquor~~ or of stimulating agents -
or ~~excretions~~ of the mind or ~~in~~ sudden and
the ~~exertions~~ of the system is small or
violent exertions of the body. a ~~known~~ storm-
nearly exhausted, is owing I believe in
a ship wreck &c.

~~very great assistance~~
Patients in these situations, ~~and~~ as well
as in the Close of Chronic Diseases
when left to themselves
often recover ~~as soon as they do~~ or
when they leave off taking medicines,
only because ~~that~~ the common but
gentle stimuli which support Animal
life are exactly accommodated to their
excitabⁿ and instead of wasting it, convert
it gradually into ^{regular} excitement & health.

Yes Dear! again I put the rules I for-
~~merly submitted to you~~ - ~~in more~~

^{introducing}
~~Adagio~~ - "nulla medicina" - and
"manuum de tabula" or in other words
"manuum e officina". It will be necessary
[lift up the leaf]

causes which predispose to the
Jail or hospital fever. ~~the~~ ^{the} story of an
English Physician too many stimulating
3 Do not combine ~~in~~ ^{many of them} tonic remedies.
together. ~~They~~ ^{They} act best in a simple
state, or nearly so. — But there
is the same advantage from using
them in succession, that there is
from discharging the arrows from
in a successive manner. Eg wine
a quinquina & It will enable you
alone but in Titmus.
to contend longer with a disease,
than if you deprived yourself at
once of all the means of contending ^{with it}.
~~It is unavailing, they have all certain~~
~~It will moreover enable you to~~
~~keep distinct & specific effects, perhaps~~
~~two two of them are alike~~
4 Use stimulants in rotation. as
soon as one loses its effect, give

to distinguish carefully between that state of
the system in which excitability is nearly ex-
pended, and that in which it is suddenly

~~expended~~ ^{induced by the crisis of}
a disease. Here a patient who could have
been borne ^{up to} his of wine without feeling it, ^{or}
a few days before, will be intoxicated, or
destroyed by a single glass of wine & also
of all other stimulants. Powerful stimulants
act by inducing an artificial crisis which is
followed by an exhaustion of a large quantity of
excitability, even afterwards. This is not to ^{be} ~~be~~ ^{powerful} ~~powerful~~ ^{stimuli in} ~~beginning~~ ^{of the} ~~crisis~~ ^{crisis}

of medicine, ^{the} Physician remarkable for the ^{wisdom} ~~wisdom~~,
-mon precept of his practice, who was
asked by a young Physician on what
the secret of his successful practice de-
pended. He told him - "on prescribing
doses of remedies twice as powerful
as his brethren."

○ To this remark there are some objections.
Some medicines act only in a state of
mixture. ^{mentioned before.} Dr. Ashmeide used Canero with
a Combination of Hemlock - Cor. sub. &

causes which predispose to the
Jail or hospital fever. ~~the~~ ^{the} story of an
English Physician too many stimulating

3 Do not combine ~~in~~ ^{many of them} ~~toxic~~ remedies.
together. ~~They~~ ^{They} act best in a simple
state, or nearly so. — But there

is the same advantage from using
them in succession, that there is
from discharging the arrows from
in a successive manner. E.g. Wine

a quinine & It will enable you
alone best in Tetanus.
to contend longer with a disease,

than if you deprived yourself ^{with} ^{at}
one of all the means of contending ^{it}.
~~It is unmarshable, they have all contain~~
~~It will moreover enable you to~~ ^{on the body,}

~~Keep distinct & specific effects, perhaps~~
~~do two of them~~ ^{but} ~~are alike~~
4 Use Stimulants in rotation. As
soon as one loses its effect, give

Bark after giving each of them separately
to no purpose. Valerian & Bark united
once cured a head ache in the Infirmary
of Edin²: after each of them had been given
for a long while without success. ~~†~~ ~~The~~
The result of these combinations of medicines
can only be known by experience, &
this experience I believe is oftner the effect
of accidents, than of reasoning upon this
subject.

† ^{combined} Opium & Alkalies, Dr Sturz says cure
the Tetanus, when neither of them
separately make any impression upon
that disease. †

He likewise tells us he had known warmth
applied to the feet in the form of water check a
 spasmodic Cough, while the same degrees
of warmth applied to the feet in land had
no effect upon it. Heat acts differently on
flesh as boiling - roasting &c

to be taken ~~more than should be agreeable, of~~
~~this simple beverage~~. It should be made
 pleasant by being made into tea, and poured
 upon certain simple matters that disolve
 in it. They should be Bala tea - toast water,
 Grape - Currant - or Blackberry jelly water
 each 1 to a pint. ~~Go~~ Raw - or Dried Apple
 water - ^{Dried Cherry water -} Barley water with lime juice & raisins,
 Tamarind water - and Lemonade. They sh^d.
 be used in succession or rotation.

One of these drinks should ~~even~~ be
 given ~~when~~ ^{every} hot or ^{cold} in a highly excited state of
 the blood vessels, inasmuch as they induce reaction
 and thus do harm. In a moderate grade of
 action in the blood vessels, they often induce sweats,
 but they have this effect more certainly
 when taken ^{topical} ~~when~~ ^{only} ~~warmed~~ ^{as ever} ~~hot~~.

These diluting drinks besides washing
 acrimony out of the body, ^{counteract the} ~~are said to~~ ^{the}
 tendency of the febrile action to increase the

to with
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of over
of equal

~~15~~ ~~16~~ 19.
(C) The same as the head of
evacuants. also

Litre & Other ventral Salts. Litre
acts powerfully on the Stomach
and thus ^{lessen} abstracts excitement ^{from}
the blood vessels. The pulse is raised
in force & frequency by it. It is not
necessary for its action to be felt
in nausea, or vomiting in order
to its producing its salutary effects.
^{morbid} For action may be great in the
Stomach, & no sensation attend it
as I shall prove hereafter. The
powerful action of Litre on this
viscus is evident from the Dyspepsia
which succeeds its long use in
pulver^{is} form. Its dose from ʒ^{ss} to
xx according to the frequency of
its exhibition. It is seldom
~~to be~~ borne by the Stomach

✓ like the neutral Salts in
lessening the Action of the blood-
-Vessels. This has been proved
by its accelerating the Coagulation
of the blood. —

in gory habits & ~~the~~ ²⁰
in biliousness Sol. Tartar
Sol. Glauk. are
is the best neutral salt for this
state of fever. Sol. Glauk. is small
does is likewise useful in this
vit. Tart. has been common for
Rheumatism, but it has no
advantages over Lith. ^{I find nothing}

^{I have no opinion of}
mineral: ^{not being in the practice of}
~~it.~~ ^{having never prescribed}
using it. The salt of tartar acts
2 certain preparations of Antiseptics
These are numerous. I have
preferred ~~the~~ ^{the} in small doses
to them all. It certainly pro:
motes a detens. to the skin, &
lowers the pulse when it excites
a transca, but I am disposed
to believe that like Lith. it
excites a ^{acts upon} ~~severe~~ action in
the stomach, without inducing

to wild
of des
of ex
of up
of bo
of -fr
of ~~be~~
of who
of have
of In
of this
of pat
of and
of they
of differ
of say
of from
of ~~most~~
of equal

The manuscript is a single page of text, written in a cursive hand. The text is written on a piece of paper that is aged and discolored, with a yellowish-brown hue. The handwriting is somewhat faded and the ink is dark. The text is written in a cursive hand, with some words being difficult to decipher due to the style of the script. The text appears to be a letter or a document of some kind, but the specific content is not clear. The text is written in a cursive hand, with some words being difficult to decipher due to the style of the script. The text appears to be a letter or a document of some kind, but the specific content is not clear.

sensation in it. Ipec. may be substituted in its room where we cannot limit the dose of the Tart. Emet. from the variety in its preparation. Here speak of Ant: powder.

Related to Antimony in its effects upon the Stomach is the Sarsaparilla. It promotes sweat by its action on the Stomach, for it is but feebly stimulating to the whole system - hence its great utility in pleuritis - angina & Rheumatic states of fever.

3 Sugar of lead has lately been given to reduce the morbid action of the blood vessels. I can say nothing in its It has that effect to a great degree in hemorrhagic state of fever - probably from its powerful

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^{the}
V ^r inevitability of the arterial fibres.

22 ^{to 25}
in ~~breaking~~ ^{leaving} ~~visceral~~ ^{of the}
action ~~of the~~ ^{arterial fibres}. It seems to
act ~~on the stomach & bowels~~ ^{on the medium of the stomach & bowels}.
I infer this, from its inducing
Colic, & even palsy when taken
by design or ^{by} accident in persons
who work in lead.

4 The Foxglove has been lately
used to reduce morbid action in
the ~~Lynocha~~ ^{Lynocha} ~~stasis~~ ^{stasis} of
fever. ^{It acts like the sugar of lead by leaving}
I can say nothing of it from
my own experience in those fevers;
~~In Dropsy~~ It has been used with
Success in the Hydropic & pulmonic
states of fever. I have tried it in both, but
with so little success as not to recom-
mend its use. All ^{the} physicians who
advise or commend it, limit its
use only to that state of those fevers
in which the pulse is full, or
tense. ~~while I can~~ ^{can} ~~in these cases the lancet~~ ^{the lancet} ~~is~~ ^{is}

V I say the external application
of the oil - for frictions in a highly
excited state of the Arteries & with
visceral Determinations I believe
~~always~~ do harm. I think it proba-
-ble that the friction which is used
to the body ~~with~~ ^{by} mechanical vint-
-ment is often hurtful in the above
state of the System ^{in the yellow}
fever. But there are cases in which
^{other} friction ^{the} oil is ^{injurious} & that
is in ^{that} delicate state of the skin ^{which takes place in} from
a gangrenous or putrid state
of fever. Dr Puzos says in the
malignant bilious fever of Upper
Egypt it produced a general erysima-
-sis over the whole body, & thus
did mischief. ^{oil} When gently applied
to the whole body I believe has done
great service in ^{fever} of great morbid
excitement.

17 20 23
be pres^d: as being more safe, and
certain. ~~The Digitalis acts as a~~
~~stimulant~~ It has done great
mischief in a languid state of the
pulsec system.

5 of the external Applications to
the body. Sweet Oil has been found
to be useful in ^{certain} fevers of great
morbid Action. ^V Piso speaks of it as
a common remedy in the Synochus
^{fortis} ~~fever~~ of South America. It has
lately been used in the plague of
Asia & Africa. From its sedative
effects in local inflammation ^{for it produces the pulsant} I am disposed
to think well of it in general
fevers of great morbid Action.

It was a common Remedy
among the Ancient Jews, hence
we find it recommended by the

24 imitation of the skin
of Upper Egypt they ~~the~~ friction with
oil was followed with general rhymos. ~~or~~
because it is hurtful when it tends to petechial
takes place in them. The first

V From the experiments of Dr
Jackson it appears to reduce the
pulse when applied to the external
surface of the body. ~~There are cases however~~
~~in which it is improper. Dr. Stewart says in general~~

#6 Dr Stewart has lately recommen-
-ded a method of reducing morbid
excitement by means of ligatures
upon the extremities so tight as
to check the return of the venous
blood to the viscera. In this way
they are deprived of the stimulus
of the blood, and thereby enabled to
resume their healthy actions. 7th

~~Dr. Stoll of Vienna advises for~~
6th ~~the purpose of reducing morbid ex-~~
~~citement the prevention of sleep. His~~
words are "no one knows how much
restraining a patient from sleep in a
high fever, & how much wakefulness

weathers a high fever, & prevents a delirious
vol. III. Rat. med. p. 109. In many effects of
forced watchfulness in taming a wild, and
refractory horse, I am disposed to believe
great benefit might be derived from it in
cases of great morbid action. It wastes energy

2. By violent exercise or labor. I shall hereafter ~~mention~~ inform
you of a man in Scotland who
cured the most acute & inflamed state
of madness by compelling his patients
to ~~drag his~~ perform the labor
of horses by ~~putting~~ ^{working} them into his
plough ~~and cultivating his fields~~.

~~It I have said~~

It also
~~It~~ prevents its reaccumulation,
by ^{this is} for one of its effects formerly
ascribed to Sleep. I ~~think I have~~
I have never tried this remedy, but
I think I have seen patients in vio-
lence ~~but~~ ^{but} ~~press~~ awake and much worse
& more delirious after Sleep. Its effects
it in some madness. ^{It will drive}
are very different I shall say hereafter
in the low state of fever. It accumulates
excited for himself to act upon, &

I answer - there are 4 that by
 the following means, ~~the following means~~
 1 By powerful frictions. ~~of Cook~~
 was cured in one night in one of
 the friendly Islands of an Antel Rhuc.
 -matism by being severely rubbed
 for an hour by one of the natives.
 The rubbing gave him great pain,
 but was well the next day. ✓

3 The Indians overcome great
 & expend it in excitation
 excited excitement, by strong
 stimulating powers. These are
 sketching the affected part. Thus
 they cure p = go to it p 26

in order thus to
~~the imp~~ ⁵ imports tone and
Strength to the System. -

return to p 24

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-plurisy by suspending themselves
 by the arm of the affected side upon
 a fence, or the limb of a tree. Also:
 -this powerfully stimulating remedy
 used by them is the hot, & cold Bath.
 The manner of using it is described
 by Wm Penn in a letter to Dr. Linn.
 Dr. Baynard in the following words.
 "Being upon a discovery in the back
 part of the country, I called upon an
 Indian of note who was the Capt.
 General of the Clans of Indians in those
 parts. I found him ill of a fever. His
 head & limbs much affected with
 pain, & at the same time his wife
 preparing a Bagno for him. The
 Bagno resembled a large oven, into
 which he crept by a door on the
 one side, while she put several
 red hot stones into a small door

V was about 20 paces, & ducked himself twice, or thrice therein, & so returned, grasping thro' his Bagrio, to mitigate the stroke of the Cold, to his own house abt. 20 paces further, where after wrapping himself in his woollen mantle, ^{he} lay down at full length near a long but gentle fire in the middle of his wigwam, turning himself several times. Till he was day, when he arose, and assisted, in getting us dinner, seeming to be as easy, and well in health, as at any other time".

On Cold Bath 289. 90

The Russians use a Bath like this for the preservation of health.

Upon these summary modes of curing inflammation among the Indians I shall only remark that they were successful only

27 24

on the other side, & then fastened
 the doors so closely from the air as
 she could. Now while he was sweating
 in this Bagnio his wife was ~~cutting~~
 cutting her ^{husband's} passage into the river
 & being the winter of 1683 (in wh.
 there was a great frost & the ice
 very thick) in order to the river
 - crossing himself after he came
 out of ~~the~~ his Bath. In less than
 half an hour he was in so great
 sweat, that when he came out,
 he was as wet, as when he came
 out of a river, & the steam of his
 body so thick, that it was hard to
 discern any body's face that stood
 near him. In this condition
 (with his breach clout only on
 him) he ran to the river, which

20

0

0

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They hasten to do by them.

20

Another, & After you have exhausted
them all, sweet back again to the
first you gave. ~~They will~~ It is
curious to observe what new effects
medicines apparently the same, or
nearly related will produce upon the
System. I should ~~and I~~ will often
do good where the solid opium fails,
& vice versa, - but Dr Whyt goes
further & says ~~the same~~ ^a Dose of
opium ~~in a pill~~
which has been made up for six
months will produce ^{good} effects, while
the same dose recently prepared will
do harm? again. Mr Bruce tells
us that the inhabitants of Abyssinia
cure the ~~indirect~~ debility bro't on
by the rays of the sun, by means

✓ no two medicines even of the
same class, ever exert exactly the
same effects upon the body. — ^{hence the}
^{advantage of having several} ^{meds of the same}
^{class, under our command.}

U. 6 When a stimulating medicine
disagrees with the stomach, do not ^{abruptly} ~~stop it~~,
have it off, but lessen its dose. It is
a good sign the medicine is doing good
when it becomes offensive to the stomach
or any other part of the system. It
shows the revival of excitability.

of the warm Bath. — I believe that
 5 Intermit in chronic disease occasi-
 onally the use of all stimulating remedies.
 — The Stomach by this means reco-
 vers its natural actions, and the
 which began to be inert
 same medicines produce afterwards
 new & powerful effects. ^{Opium after}
 taking 20 grs in a day ^{After the amill. 2 grains}
 also Bark & Sassafras ^{2 morning in each day.}
 frequently change the part
 of the body ^{to} which you apply
 your ^{stimulating} medicine. The stomach from
 its close connection with every
 part of the system, has always
 been preferred as the proper place
 on ^{ch} medicines are applied for
 medicinal purposes, but when
 the stomach rejects medicines

v ~~pro~~ This occurred to Gen Lachinhausen;
Even snuff when used exclusively in one
nostril, stimulates the other as if it had
never before been taken. ~~then~~: Drinks Jun^r

~~+ Case of a lady no. 39 of last number
insert it and it this year 1810~~

or becomes insensible to their
 action from habit, apply them to
 the skin, and to the lower bowels
 by means of Glysters. ~~I formerly~~ ^{that there}
^{is a curious} ~~was told~~ a fact relative to Saliva
 which ^{is} when ~~long~~ chewed only on one
 side of the mouth for several years;
 producing sickness & nausea, when
 used for the first time on the oppo-
 site side of the mouth. This fact is
 of great application. Opium when
 inserted in large doses in the sto-
 mach, produces all its salutary
 effects in a moderate dose when
 injected into the rectum. Bark
 likewise when rejected, or inserted

2
V. ~~Things~~ So different in its quantity or
aptitude to receive impressions is the ex-
-citability, of that it may be acted upon
by the same stimulants which have
exhausted, or prostrated it in one part of
the body, by applying them to another.
E.g: a Shock of Elec^t: applied to the breast
of a Cock, revived & cured a Cock apparently
dead from a shock on his head. By a
parity of reason Opium injected into the
bowels, w^d probably counteract its effects
upon the stomach - & even Electricity
obviate the effects of lightning, provided it
could be directed to parts of the body, not
injured by the lightning. You see here
a fresh proof of the different degrees of excitab^l,
as well as the importance of a knowledge
of them, as well as of its grades.

+ here bring in p 39 of last number
or a lady. -

in the stomach, produces febrifuge
 virtues not only when injected into
 the bowels, but when applied to
 the skin in a quilted waistcoat. It
 even
 is said to cure the intermitting fever
 when ~~used~~ applied to the lower
 extremities in the form of a Bath,
 or Infusion of the Bark in warm
 water. ^{Setanus - heat to back -} ✓

~~Remember in the exhibition
 of medicines to keep your eyes
 upon the four temperaments;
 - They should regulate the choice
 & dose of our remedies. &c. To the
 sanguine & temperaments. Give
 - but should be given less easily,~~

V ^{by} Always recollect that chronic
diseases have their exacerbations and
remissions in common with acute ones,
and administer your stimulating remedies
only during those remissions. They not only
do most good at those times, but they do
harm, when given ~~at~~ during the exacerba-
-tions of diseases. It is from the neglect of
attention to this rule that we often fail
in curing chronic diseases. Intermit
Stimulants &c —

& more cautiously than to the
 phlegmatic. To the nervous tem-
 peraments, the same rule is
 equally applicable - while the
 bilious temperament should lead
 us to be very sparing in the use
 of medicines which ^{increase} ~~act upon~~ the
 quantity or activity of the Bile.
~~Secretion or excretion.~~

V
 988 Having ^{admitted} established the existence
 of specific stimuli, ^{we} ~~are~~ ^{led} ~~not~~
 by it to admit, ^{not only} an indefinite num.
 - ber of stimulants into practice,
 but to admit such of them as
 appear to be of a feeble nature.
 - This direction is founded upon

They hasten on as by them.

Another principle ^{into} ~~upon~~ the Animal
 Economy - viz: ~~that~~ a difference
 & in the excitability of ~~for~~ those
 parts of the body upon which medicines
 act, occasioned by the varying
 states ~~of~~ or Conditions of the System.
 - In treating upon the Ear, & the
 sense of hearing, I remarked that no
 sound could be perceived unless it
 met with a part of the Ear ~~upon~~
 which vibrated with it. Exactly
 the same thing ^{must} take place in
 every part of the body, when a me-
 dicine acts upon the body. ~~but~~ In
 a loss or Abstraction of the excita-
 bility of the Stomach in a fever,

1871

They hasten on all by them.

a Vomit produces no effect, because none of the fibres of the stomach vibrate with it. The same Observation applies in all cases in which medicines ~~depress~~ are inert, ~~or~~ if they produce unusual effects, it is because the force of the medicine is disproportioned to excitability.

- I shall illustrate what I mean by this direction by ^{two or three} ~~a single~~ facts. There ^{was} ~~is~~ a lady in this city (Mrs. Hopkinson) who has been deaf for many years ^{as to sustain} ~~to sustain~~ sounds. She ^{could not} ~~cannot~~ hear the firing of a cannon, but she distinctly heard the firing of a musquet. She ^{could not} ~~cannot~~ hear

✓ I was consulted some time ago with ~~in~~ in case of
Hemiplegia in a gentleman of Georgia whose
was unable to feel a ~~Cut~~ ^{Cut} or burn on the affected
leg or things, but who was thrown into Spasms
by simply touching those parts with a feather
or a pin. -

we observe ~~lakes~~ to excite
+ ~~heat~~ warm water ~~producing~~ a vomiting,
while we know hot water has no such effect.
The sea air, and Country air cure by the feebleness
of their stimulus vibrating exactly with the
excitability of the system. - It is owing to
the

conversation, but she distinctly
 heard the ^{feeble} noise made by thrusting
 a pin thro' a piece of paper. She
 would not ~~cannot~~ distinguish the loudest voice,
 but she ^{could} distinctly hear certain
 soft notes of vocal music. These
 facts prove not only the specific
 operation of medicines, but that
 medicines of feeble power, ⁺ may
 often produce effects which are
 beyond the reach of such as are
 more active. ⁺ I have known Parsley
tea cure a Dropsy — now Salsely
 is one of the most feeble of all the
 class of Diuretics. Verrain has
 sometimes cured the Scrophula,

✓ a Spoonful of Castor Oil, or $\frac{1}{2}$ p
 of Salts, ^{more} ~~locks~~ the bowels, after
 whole Drachms of Calomel - Jalap
 Aloes & gamboge have been given
 to no purpose? Here the weak purge
 vibrated with the fibres of the bowels,
 while the strong ones by y^d force destroyed
 their contractile power. ^{stimulate 24 or 30 of} ~~in chronic diseases~~
 Use this 9. to the ~~surrounding~~ - Excite 1.

10 Stimulants should be used ~~at~~ in the
 morning in preference to any other time.
 The system is then most excitable, and
 most ^{readily} feels the impressions of stimuli. It
 is owing to this accumulation of excitability
 that medicines are sometimes rejected in the
 morning which are easily borne by the
 stomach at other times of the day. ^{no 10}
^{take them in bed} ^{born over to 9th}

Dandelion has done wonders in
 hepatic & pulmonary complaints, & Pennyroyal
 tea has sometimes cured obstinate
 nervous Affections; ~~now~~ all these
 medicines exert but a feeble Action
 upon the body. ^V But further, who has not seen
 these facts are im-
 portant, & should lead us in difficult
 cases to try medicines apparently
 insignificant & inert in their opera-
 tion. ~~But further who has not seen~~
^{VIII} we come next to speak of the
 medicines which remove morbid Action
 in one part of the body, by exciting
 it in other parts less essential to life.

or in parts equally essential to life, but
 which have not been worn down by
 disease. ^{p 311} A
 peculiar or nearly disorganized ^{trif}

^{the 10th}
Dr. Casty, a new principle has lately been
started by ^{Brown} ~~the~~ ~~Dr.~~ ~~Adt~~ of ~~Germany~~ with res-
pect to the exhibition of Stimulants, & that is,
that there is a certain relationship ~~the~~ which they
bear to each other, which renders them effectual
^{only} when given in succession, ~~or~~ or when given in
different states of excitability. E.g. ^{The} Oxygenated em-
matis acid, & the emmatis of Praxys have ^{little or} no effect
upon an organ until its excitab^l be exhausted
by Alcohol. The tail of a Leech if deprived of
motion by lying in a solution of potash, is easily
excited by Electricity, but it cannot be moved by
the strongest Alcohol. again - if excitab^l be
exhausted by acids, it may be restored by Alkalies,
but if exhausted by Alkalies, it cannot be restored
by acids. A diluted Nitric Acid lessens the action
of a fresh nerve, - but ~~excites~~ restores it to a nerve
exhausted of its excitab^l by means of Alkalies.
^{Alkalies prepare for the action of acids.} Dr. Brown
- These facts are important, and will I hope
lead to ~~greater~~ a more successful mode of exhi-
- biting Stimulants. Our knowledge under this
head cannot be acquired only ^{by} experience,
for no reasonings can conduct us to anything
certain upon it. I shall however offer a conjecture,

They hasten on all by others.

feet & system with me. They all
 by their practice,
 subscribe to this indication of cure,
 In this respect they resemble
~~Altho like~~ ^{like} ~~molieres~~ ^{molieres} Citizen turned
 Gentleman, who was delighted to
 upon hearing that Language was
 composed of poetry & prose ^{to find} that
 he could both ~~speak & write~~ ^{write} prose
 without having been taught it;
 In like manner ~~many~~ Physicians cure
 diseases, by creating others, without
 knowing it. They cure a head ach,
 by creating a diarrhoea by means
 of a purge. They cure morbid
 action in ~~internal~~ the viscera
 by exciting a greater degree of it.

Does the previous medicine, or medicines -
~~whether~~ upon excitability, so as to cause the nerves
 to vibrate with the last medicine? Or does it
 excite dormant excitability for the same pur-
 -pose? — return top: 28. Vj

Q

V ~~and lastly~~ They attempt to
 cure morbid action in the lungs
 by exciting it in the stomach
 by means of vomits. — Wepper
 has gone further than this — he relates
 a ~~case~~ ^{case} without appearing to understand
 the meaning it, in which a severe flogging
 on the back prevented ^{& caused} an incipient
 apoplexy in a man who ^{obstinately} ~~was afraid~~
 of refused to be bled.

on the external parts of the body
by Blisters, & cataplasms. They
cure natural hemorrhage by that
which is artificial. viz by U.S. -

They cure preternatural effusion
of water in the belly, & limbs,
by ^{exciting} ~~promoting~~ a preternatural Discharge
Action in the secretory Vessels of the
kidneys. They cure morbid Action
& effusion
in the vessels of the brain, by ex-
citing morbid Action ^{& effusion} in the Throat
& mouth by means of a salivation.

Many other ^{or singular} instances of common
Practice might be mentioned
which establish the principle con-
tained

✓ I shall only ^{repeat here the} ~~mention~~ ~~one~~ fact from
Dr. Hartley which is directly in point in
support of the truth of this principle.
- ~~He gave~~ ^{took} a dog, a strong dose of
Nux Vomica, and was afterwards
severely whipped. The Emetic had
no effect upon his stomach owing
to the impression upon his skin
predominating in force over the stimulus
of the vomit on the stomach. I shall
apply this principle more extensively
in speaking of the means of lessening
or destroying pain.

a wrong mode of estimating power.
Dr. Ferrius's fact. — Again Soldiers

They hasten on all my pains.

under this head. ~~but can have been~~
~~enumerated for our purpose.~~ ✓ I

shall ^{now} add a few directions for deriving
the interest. possible benefit from

the knowledge of the principle ^{wh.}
has been established. ~~It~~ ^{is} deeply founded

~~The principle you see is founded~~
A. This part of Therapeutics is founded upon one
~~upon one of the laws of sensation;~~

& i.e. that only one impression of
a number of unequal impressions
can be felt at once, & that is the
strongest. — ✓

In the use of remedies to obtain
destroy one morbid action by crea-
-ting another, take care 1. to
reduce the ~~morbid~~ morbid action by
depleting medicines, to such a

10.135

✓ I have called this ^{formerly} the blistering point.
I shall hereafter mark other points
for the exhibition of medicines,
& I come to you, that skill and
success in the practice of physic
depends ^{wholly} upon a proper knowledge
& attention to ~~these~~ these points.

- By ~~blistering~~ attempting to excite the
Erysipelas disease, before the reduction of
the system to the blistering point, we
encrease the disease, & sometimes bring
on mortification. -

give him a sweet anodyne

They hasten on the operation.

degree, as that the remedy you use
 to excite a morbid action ~~can~~ slow down,
 may overpower it immediately by
 its superior force. — E.g. In a
 malignant fever ^{ch} affects the
 brain, and in madness, first reduce
 the morbid excitement of the blood:
 repels if you wish to excite the
 mercurial Angina or sore throat.
 or if you wish to derive benefit
 from ~~this~~ exciting inflammⁿ on the
 skin by Blisters in a fever, first
 reduce the blood repels below the
 blistering point of pain usually
 excited by a Blister. [∇] The points be
 2 Take care that the part in

produces no effect.

34.

[This principle gent: is of great ap-
plication in morals as well as in
I shall briefly hint at it. from vice
medicine. Reformation consists in
~~the~~ nothing but overcoming a weak
visions action, by the stronger stimulus
of a virtuous action. ~~It is~~ ^{It is} ~~would~~
~~it for weakness~~ if the much yet
remains to be said, as to the time
& manner of applying this ^{healthy} stimulus
of instruction & restraint
of virtue to overcome the morbid
actions of ^{vice} ~~virtue~~ ~~and~~ the business
of education can never be understood
or practised perfectly ~~without~~ until
the ^{the} principles which regulate the remedies
for a ^{a weak or} ~~disordered~~ body, are applied to
a weak & ~~disordered~~ mind. ^{2^{ly}} ~~Again~~ do
we overcome morbid action in a
vital part of the body, by exciting a

which you excite morbid action^{be}
 less essential to life than that
 in which the disease is seated. —

The skin - the Throat - the Stomach
 & the bowels are the usual chan-
 nels thro' which morbid excitement
 are conveyed out of the body, but
 some of these parts from Idiosyncrasy
 are liable to ^{morbid} affections from timor-
 = li which would render a disease
 on them unsafe, and thereby endan-
 = ger both your reputation and the
 life of your patient. a mortification
 from a Blister, an Obstinate, or
 insensible diarrhoea from a purge,
 and a rupture from a vomit have

- V To this rule there are some exceptions: D^r Darwin says he has found it necessary to excite delirium by strong doses of Opium in order to cure ^{general} convulsions, professing he says "temporary convulsions in the ideas" to the risk of ~~per~~ "durable convulsions in every muscle of the body". I believe we have been too tender of the ~~begin in these~~ ^{begin in these} our wishes to excite new actions.
- 2 I shall hereafter mention a mode of curing Tetanus by Drunkenness. Here temporary violence is done to the ~~brain~~ ^{brain} in order to save the system from destructions by Spasms of famine. Dysentery cured by it in Parson Erwin's Uncle.
- 3 I shall hereafter mention the Advantages of ~~certain~~ ^{nearly come to famine} hunger, to such a degree as to endanger the life of the ~~stomach~~ ^{more} in order to destroy disease & pain in ~~life~~ ^{more} vital parts of the body more essential to life. 4 Even the lungs save Stomach, & begin in yellow fever. — Cough a good sign.
- But There are cases in which even a part more essential to life may than a diseased part may be made the seat of an artificial disease & that is When the former is in danger of disorganization from the long duration or violence of the disease.
- cannot cure Hob & Mammion ~~by~~ ^{by} ~~some~~ ^{by} ~~the~~ ^{by} ~~body~~ ^{by} ~~45~~ ⁴⁵
- They hasten on all my efforts.

in many instances would ~~or~~
destroyed the character of a Physician.

To prevent this, it will be necessary
to inquire whether there is a predispo-
sition to any of the above diseases
in patients, before you ~~attempt~~
~~endeavour~~

to translate an ~~internal~~ disease

to them. ~~To this end Dr. Darwin mentions an~~
~~also~~ ~~eruption. In convulsions dangerous form~~
~~his duration, he advises the use of opium till delirium~~
~~in 3~~ ~~inquiry~~ ~~But if the morbid action in the~~ ~~there is a~~ ~~in the~~

When the morbid action you
have excited becomes languid, renew

it by a repetition of ~~the~~ stimuli,

or by exciting it in some other

part of the body. This will be

necessary ~~is~~ for the same reason

that we change external stimuli.

I grieved formerly that impressions

✓ But there are other reasons - & that is they
lose their effects by repetition. Recollect here
however - that medicines of the same class
sometimes possess a specifically different stimulus
4 The same medicines which have lost their
effects by repetition, after being laid aside
for a while, act with their original force.
Rotation therefore should always be observed
in the use of stimulants. —

In the Use of Stimulants

✓ 4 Avail yourselves of your knowledge
of associated motions - thus stimulate the
limb to excite the Homoeost - ~~as Arms & Legs~~ - Stimulate
Legs - ~~Eg Palsy - in one Arm - Stimulate~~
~~Other - Find out too weak parts - as~~
~~great too in gait~~ the Arms to excite
the Legs, and Stimulate a sound Arm to
excite a weak or paralytic one.

5 Stimulate ^{previously by} a weak part if it be safe to do
to give a general disease. Eg: the great toe in
the Gout - Stimulate —

originally painful, by a diminution of force, become pleasurable. In this manner I accounted for the pleasure imparted to the tongue by Tobacco.

~~Now~~ It is necessary ^{that} for a medicine when given to ~~overcome~~ ^{preponderate over} morbid action in another part of the body, should act with a great deal of force, so as sometimes to excite painful ~~various~~ sensations. Now if ~~these~~ ^{these} painful sensations by repetition become pleasurable ^{from becoming weaker} in some cases, it follows of course, that ~~they~~ stimulating medicines must be changed when they have diminished from repetition below the ^{forcible} stimulating point. B- ~~the~~

C, In speaking of Stimulants,

~~introductory lecture~~ of a man could
Dr Darwin relates an instance ^{who} ~~who~~ ^{overcame}
the fatigue & pain of a long ride or walk
at any time by calling to his mind, the
image of a man who had injured ^{him} ^{against} & whom he
felt the most resentful feelings. ~~the~~ ^{the} ^{the}

N This is an important indication
Though debility be not a disease,
yet it is often worse than a disease,
and many people die of nothing else.
- Indeed the morbid stimulus of a
disease is often the means of pro-
tracting life; and death ^{as I formerly remarked} is in some
instances the consequence of the re-
moval of this disease. The remedies

for the cure of debility I have called Series
~~They are of 2 shall mention~~ ^{advance} ^{the}
Q In some cases a disease may be produced in
a part highly essential to life in curing a disease
in a less vital part, but dangerous from
its obduracy & long duration. see p 92 Then
+ There is often a low grade of disease connected
with this debility. I shall include them both.

exercises of the 3^d Understanding and

I include, the stimulating papions,

act powerfully in

- They ~~is one~~ ~~in~~ ~~which~~ ~~they~~

often overcoming morbid Action in one

part of the body by exciting it in ano-

^{Study often cures a head Ach. & Convulsion}

ther. ~~By~~ the cure of the tooth-

Sometimes prevents delirium. Of the medicinal

by a sudden frangibility of joy

effects of the papions I mentioned many proofs in our

VIII. Of the remedies ~~which~~ for preventing

the recurrence of disease by removing

predisposing debility. ^{N^o} ~~There are~~ ^{I called them}

~~Toxics~~ ^V ~~Stimulants~~ of all kinds. ~~These~~

In the use of ^{them} ~~stimulants~~ ~~under this~~

~~head~~ the following rules should be

attended to.

1^o To administer them in less

doses, than is necessary to overcome

morbid Action. 2^d In overcoming

① Terror in like manner has sometimes cured
 head ach & hooping cough. But the agreeable
 passions of most cure diseases. Joy has often
 cured disipated a tooth ach, & the arrival of
 a friend has often turned the scale in favor of
 life in the low & critical state of a fever: As
 pleasant sensations predominate over painful
 ones in number so as to produce a greater mass
 of happiness than misery in the world, so
 they often predominate over painful ones
 in force this medicinal effects. I mentioned
 a fact in support of this law of sensation from
 - by. J. Smith leaving &c.

Even the pronouncing popular names
words, and events in the case of persons in
 the low states of disease has often ^{done} ~~been~~
 great service as I shall say hereafter.
 M. Petit has published a curious Acc.

V I have thus enumerated the stimulating Remedies intended to produce new, & convulsive Actions in those Cases in which the System vibrates instantly with them - But when the System is prostrated below the point of reaction - the same remedies should be used in stronger Doses, and many others should be added to them - ~~such as~~ ^{intense} heat in the form of water to be maintained hereafter.

V I conversed more freely with his patients, and infused in their minds with every endime he procured large share of ~~hope & confidence~~ ^{an instant} and hope. - I have seen ~~to~~ ^{an instant} change for the better in a patient sinking under disease & despair by his ~~self~~ physicians telling him "that it would puzzle him to die, if he wished it," and I have seen many patients much benefited by being told they could do

of the effects of ^{the} medicines produced upon
health & life by the destruction of ^{Lisles} ~~life~~ during the
French Revolution. He says it ~~is~~ cured weak
diseases in young & middle aged people ra-
-dically - It suspended them in old people,
but it killed all those persons who laboured
under violent diseases. These facts will serve
to suggest caution to us in the use of the
passions, and the true mode of regulating
them as remedies. Electricity -

~~With the thinking in those faith~~
~~was not yet.~~ ~~It~~ The Principles of
Hope should be ^{employed} ~~employed~~ as far as is con-
-sistent with truth in all diseases which
require this Class of Medicines. It is the Vehicle
in which all our Remedies should be admin-
-istered. I have read of a physician in France
of moderate talents who ~~had~~ was one of
several physicians who was more successful
than any of his colleagues only because he

V

= not die, with their diseases if they were
to try for it. ~~Hope thus excited will do~~
These encouraging expressions do more
than excite hope — they operate on the
principle of faith, the ^{are as life powerful} effects of which in
inducing Vigor in the mind & body.

Electricity & galvanism — The former requires
great precaution — the latter ~~is safe~~.

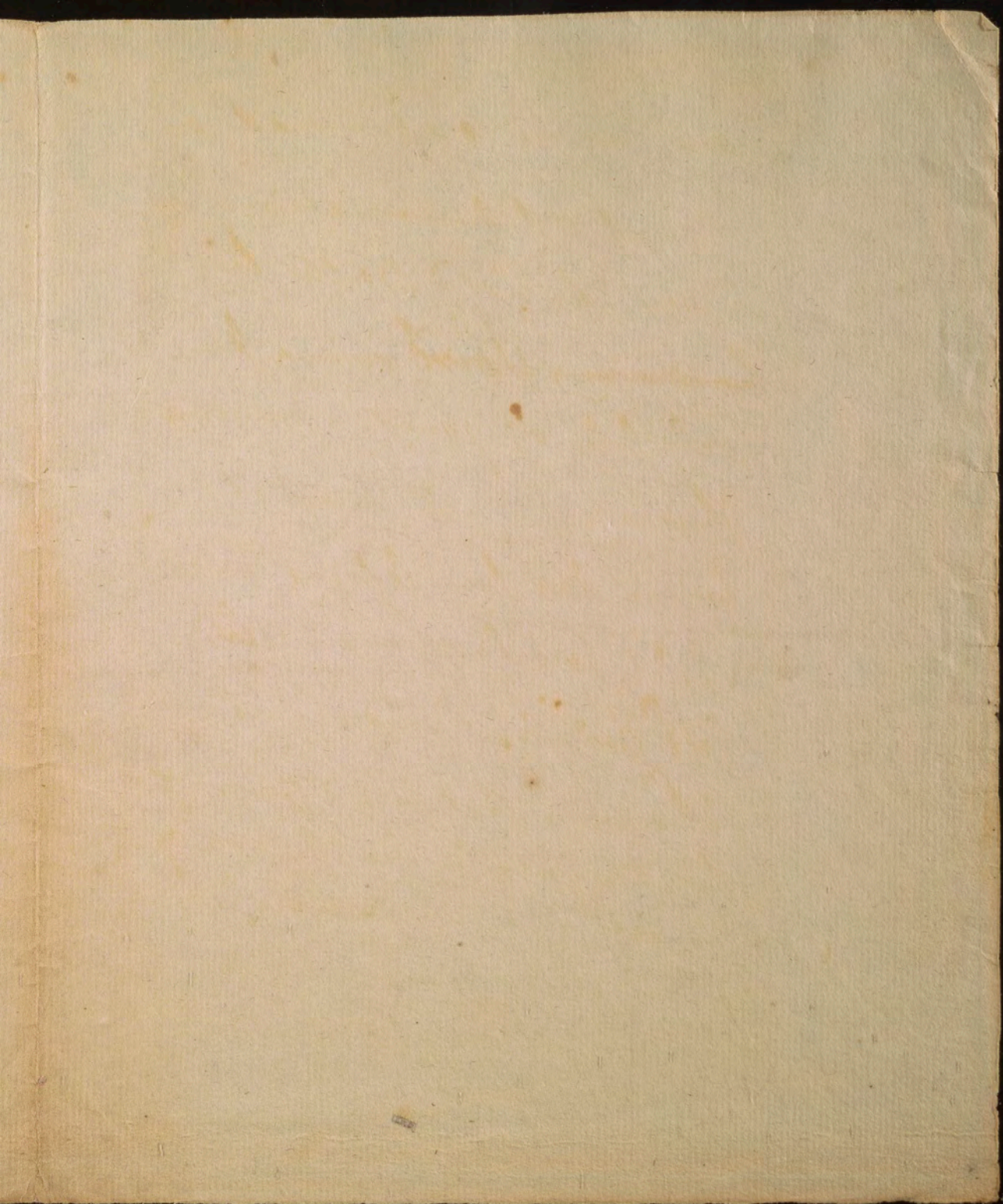
Weak morbid Action we give bottles
of wine, and ^{sometimes} pounds of broths or meat
in a day, — but ~~so~~ much less quantity
of both, ~~there~~ is required to remove
chronic debility, and given as I shall
say presently in a different manner.

Again in overrunning =.

The habitual diet of this country ~~and its~~
~~was~~ flesh was the vehemence of the appetite
for the latter ~~the~~ article of food, that I
once saw a Virginia soldier give a dollar
for a single pound of it, and I saw ^{a convalescent} ~~another~~
soldier ^{in a hospital} cry like a child because he could
not get a morsel of it. It was customary
for them to exchange their rations of flesh
meat for this kind of salted meat with
the farmers in the neighborhood of
their encampments. The ^{cordial} advantages of
this kind of food were much increased
probably by the pleasure they enjoyed in
seeing eating it, being associated with the
remembrance of the ~~happy~~ ^{happy} incremental
happy times - place and society in which
they had been accustomed to eat them.
But further - national habits ~~and~~ ✓

Phonics of letters -

Touch - nutrimony - tabaco -
odors - fine light music &c.



Chirpals
2 years
3 last cold
monstrous
4. 1/2

- 1 Indisposition
- 2 open air
- 3 Change of Scenery
- 4 morning - night air
- 5 Bepid in weak ones
- 6 Baigne to be avoided.

Change of ~~Occupation~~ - ~~recreation~~ - ~~city~~ - ~~country~~
~~recreation~~ - ~~recreation~~ - ~~recreation~~

Travel - long stages - ~~recreation~~ - ~~recreation~~

Asphors -

Change of climate - changes diet - before

United to ~~recreation~~

all - all - in one Dr Jones &c

Intemperance - ~~recreation~~

Rest - frequent recreation

avoid tight ligatures ~~recreation~~
Rest - sleep - ~~recreation~~ bed - ~~recreation~~
Filices - late hours. ~~recreation~~

Sound. medicines - too & Dr young - Charlyb.

Same remedies - good & harm - as ~~recreation~~

Dull ~~recreation~~ ~~recreation~~ ~~recreation~~ ~~recreation~~

Elut & ~~recreation~~ ~~recreation~~ ~~recreation~~

The gases have off tobacco - strong lead,
Oxygen - in new diseases.

all fill - all - Dr Jones.

Wine may should not be omitted as an univer-
sal Stimulant, after less disagreeable stimuli
have failed of success. It will be most useful
when ^{Disorder} Obstructions have taken place from the
Languor of the Circulation.

2^d The effects of intoxication upon persons not
in the habit of drinking strong Drink, might
be tried with Advantage. It acts ^{by} suddenly ex-
-citing the ~~existence~~ ^{Dormant excitement} of the whole system and
afterwards looking ~~it up in every muscle of the~~ ^{it up in every muscle of the} ~~body.~~ ^{body.} ~~where~~ ^{where}
often resorted to a convivial Supper ~~where~~ ^{where}
indisposed, where he drank freely and was
cured. A patient of mine who had long suffered
from a feeble Disease & debility was cured by a
fit of Drunkenness. Mr. Earl ^{of many Land.} I shall speak of it
again as a remedy under the head of Fatuity.
After this remedy, you will be less surprised ^{moderately} ~~of my mention~~ ^{of my mention}
connected with this mode of rousing Dormant
excitement, I shall mention a practice among
some of the Indians of our Country, when they
are debilitated in a long March. They pick

up a broken limb of a tree, or a small log
and carry it a mile or two in this ~~point~~
= ders. After throwing it down, they feel
removed from their fatigue, and move
more easily on their journey. —

22 Accidents which produce great terror
or great bodily exertion often cure chro:
= nic diseases and debility in the man:
= ner I have mentioned. They ^{awaken} ~~bring~~
~~the excitement~~ ^{the sleeping} ~~of the system~~ ^{like sleep} ~~from the~~
~~dark and cold~~ ^{after} ~~effects of a band~~, and diffusing it by a
general circulation ^{fit it in} ~~over~~ every part of
the body. I ^{once} ~~had~~ a patient ^{for} whom I pre=
= scribed for a train of hypochondriac af=
= fections for several years without much
effect who was cured by being overtaken
in a snow storm in the night in new
Jersey which ~~compelled~~ concealed his

road, and compelled him to wander half
the night in the woods. Upon coming
into a farm house he fainted - But soon
recovered, and has ever since enjoyed
good health. It has been remarked that
those persons who go to sea for their health
generally derive most benefit from their
voyage when they meet with a little stormy
weather. ~~weather~~ The Camp life cures Consump-
-tions probably, chiefly in the way
that has been mentioned. Dr Blane
says the great hurricane in Barbados
in the year 1780 cured many chronic
Diseases on the Island. The Parturition
has often cured in this way the chronic
Diseases of barrenness, or a single life. -

~~These~~ The effects of all these drafts upon
the excitement may be imitated by Arts but it
will require great judgment to do so as to the injury, &c.



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+ These introduce ~~abundance~~^{active} to be suited to abundance
of Diet & then Variety & Stimulants. & great em-
-broidery - here give Abiments & by weight &
measure. —

✓ But where there is a want of
Appetite, what is to be done? Why
we must still prescribe food.

Do we wait for an Appetite for
Bark, or Salts before we prescribe
them? — ~~as~~^{as} improper would it
be to be governed by the calls of
Appetite in prescribing food as a
medicine. There is as we sometimes
observe a kind relish for food without
a weak Stomach, so we often find
a strong Stomach & a quick digestion
of food which has been swallowed,
without any relish for it. ^{12:43}
turn over to p. 1

much morbid Action ^{40 in a fever} we give ζij
of Bark in a day ~~in a fever~~, but
in giving Bark to remove simple
debility, ζss ^{only sh^d be given} two or three times a day
but persisted in for 2 or 3 months.

2 In the Choice of ^{tonics} ~~stimulants~~ ^{remedies} for
the removal of simple debility, prefer such as
are durable in this operation.

Aliment is to be preferred to all
other ^{tonics} ~~stimulants~~. The rules to be

observed in the use of diet ~~as a~~ ^{as a}
tonic are as follow; 1 ~~known to be~~ ^{to prescribe}

that which is agreeable to the taste,
& Stomach of the patient, [Story
of Lord Macclesfield & de Montague]

2 To recommend eating five or six

V The stomach should never be full, nor empty in weakly people. Like a school boy if it is not always kept busy, it will be employed in doing mischief. - I mentioned formerly - another advantage of divided meals - viz its favouring an increase of perspiration. ~~and in general~~

W but in all cases of debility, or weak diseases. Evoluit - that exist? is of a ~~very~~ variable nature, and that there are cases of debility in which it is often more accumulated than in the most violent diseases. Both and water - weak tea - Coffee - Chocolate - the liquor of yeast - Inco - Salvo - tobacco - Rice - roasted apples - baked pease - Rice &c. turn back to 14

42

times a day, and once or twice if your patients are sleepless in the night.

-It is thus we give medicines, and it is thus we shall convert diet into a medicine. A full meal should be avoided.

like poison ~~and death~~ in all cases of debility. ^{if ~~death~~ ensue from it.}

I do not say diseases of debility for debility is not a disease - of course there ~~for there is no~~ such thing as a disease of debility.

I accommodate diet to the excitability of the system. This is of ^{not only} great importance in the convalescent

from fever. ^{these} The diet in ~~this~~ cases should

consist first of vegetable ~~and~~ afterwards of ~~weak~~ ^{light} broths - ~~then~~ ^{well} ~~of~~ ^{meats} ~~of~~ ^{domestic} meat, & ~~at~~ lastly of roasted meat.

5. Solid ~~is~~ ^{be} food is to be preferred to liquid, and salted meat to fresh; as when we

12

~~Very solid food should be preferred to liquid. It is in general less nourishing.~~

There are ~~diseases~~ ^{cases} in which ~~it~~ it is necessary

to advise our patients to live upon one kind of Aliment only - whether it be flesh - fish - or vegetables. ~~The~~ ^{These} The component parts of these Aliments are different from each other, and when mixed in the stomach, exert an unfriendly influence on health. Many cures of Obsolete diseases have been effected by a homogeneity in diet whether imposed by accident such as imprisonment or poverty, or advised by a physician. I know a Gentleman of the Law in this city who was cured of a dangerous disease in his stomach by a diet ^{consisting} ~~of~~ exclusively of Boiled Turnips. I have heard of an obstinate Asthma being cured by a diet of Boiled Carrots, ^{Mr Cooper's father} a diet wholly of bread & milk has eradicated the gout from many people. A Diet of fish has subdued a disposition to inflame diseases - The juice of a diet of sweet Apples, and ~~the~~ the juice of the Sugar maple taken ^{anytime} - elms & nothing with them have cured Consumps? - Beef & Mutton with a little bread have cured ^{Dispepsia} ~~man~~ in many instances, & a diet of Oysters alone has in a late instance cured visceral Obstructions & Dropsy in

43

wish to obtain the greatest ^{tonic} stimulating
effects from medicines? I ~~have tried of~~
where there is but little excitatⁿ in the system. I have heard
instance of a lady who was subject to

abortion from debility, who was re-
stored to health, & undoesed prolific, by

giving several months wholly upon
~~solid food~~ ^{solid food} ~~the liquid food~~ ^{the liquid food}
a diet of salted meat. ^{that while liquid food makes most fat - solid makes most flesh.}

^{that while liquid food makes most fat - solid makes most flesh.}
^{that while liquid food makes most fat - solid makes most flesh.}
The lip nourishing diet should be
prefer^d to that w^{ch} is more so, in ~~certain~~
cases of debility. Hippocrates long ago

said "the more you nourish an unhealthy
body, the more you hurt it." — Debility

is connected with relaxation in the
blood vessels. Of course they soon be-
come distended, & plethora from a

diet w^{ch} conveys much nourish^{ment} to
the body. ^{there is another} ~~you know the order~~
V

Mr Gibson.

a Lady in this city Under my care. ^{House and} ^{best food & healthy - they one almost - same ingredients}

^{prussic}
A Diet by weight & measure ~~base~~ of ~~from~~ the
same Aliment has cured many diseases. There
is an Acc^t in the 2nd vol. of the medical Transactions
of a certain Tho^o Wood who was cured of Rheumatism
Epilepsy & exsusive fat brot on by intemperate living,
by eating daily a pudding made of 4^{lb} of ^{scalded} milk
4^{lb} of powdered ^{sea} biscuit - and two eggs boiled in a
cloth for one hour in which time it became
solid. It was remarkable, if he used 4^{lb} of bread instead
of Biscuit ^{he became} ~~instead of~~ thirsty - had inquiet sleep, &
disagreeable dreams afterwards. - There is another
fact equally applicable to this head related by Dr
Cheyne. He tells us that a D^r Taylor cured himself
of an Epilepsy of eating 4^{lb} of milk morning &
Evening, and 4^{lb} at dinner, and no other Aliment
with it for near 20 years. ^{The cows which gave} ~~It was remarkable~~
him this milk lived wholly upon grass in summer
& hay in winter. If by accident at any time they
ate a little grain, the milk he says inflated &
lay heavy upon his stomach. ^{who alone has cured several dis^es.} An attention to
these facts ^{is} highly important, and the
proper application of them, will always distinguish
the correct - enlightened & philosophical physician from
the mere dashing practitioner of ^{egg & milk diet} ~~Physic~~. ^{morning}
& uniform hours of eating. ^{These are of great importance}

They hasten on all by opinion.

11 3 Certain Drinks may be considered
 as part of Aliment. They stimulate
 gently & durably. These liquors ~~are~~
 are medicinal as ^{tonics} ~~stimulants~~ in the
 following order. 1 Malt Liquors. 2
 white wines, as Sherry, madira Lis-
 -bon & Teneriff. 3 ^{low} ~~Red~~ wines as port
 - Claret - Burgundy - Champaigne ~~etc.~~
 Pomona wine commonly called Cyder &c.
 I shall not add. Ardent Spirits to the
 Catalogue of ^{tonics} ~~stimulants~~, for a man
 had better die of his disease, let it be
 what it will, than ~~live~~ ^{live} ~~long~~ be
^{for a few months, or even years}
~~respected~~ by the use of this detestable
^{and when swallowed slowly.}
 Brunonian medicine. — all
^{drinks were stimulating when hot - wine hot & more}
 4 The Warm & Cold Baths are powerful
 remedies for ~~cure~~ removing debility &c.

is temperate - 96 - warm 98 to 100 - hot 104.8. &c.

may be applied by ^{hand} ~~hand~~ - Vapor - and ~~it~~ as well as water ^{they get it by themselves} ~~it~~ may be added to water. ^{the warmer} Bath should be used

About 12. or 10 o'clock & only in cases in which there is fresh waste of excitability, that there

is reason to fear the cold Bath would not accumulate ^{its} effects of it to be acted upon by the stimuli which produce the

tonic effects ^{Italy} of the cold. It is much used in a complaint known there by the name of ^{best in newwags, Debility.} ~~lepra~~ ^{lepra}. ^{its temperature should be from 96. to 104. or 8. #}

The cold Bath acts indirectly as a ^{tonic} stimulant. It acts first as a sedative,

& thereby accumulates the excitability of the system. upon this accum. Exci.

the heat of the surrounding air (being now much greater than ⁺ of the body) &

the ~~active~~ exercise of dressing, act so as to produce ^{tonic} stimulating effects, by ^{excit. into} converting excitement into ^{tonic}

be used in a warm room in ^{different as} ~~the~~ Besides - these Air, Vapor - and Salt Baths. ^{ments cooked}

thereby preventing the return of dis-

ease. ~~I explained the manner of~~
~~the Cold Bath~~ I shall deliver a few remarks
~~of operating formerly~~ V. 1 The Cold Bath
~~on the cold Bath~~ the manner of using it.
to be effectual, should often be preceded

by the warm Bath. ~~otherwise~~ It disposes
the system more easily to accumulate
excitability, and on this the Cold

Bath acts in inducing healthy ~~excite-~~
ment. ² The water in the Cold Bath

shd. ^{be} tempered at first by standing
in the sun, or by an ~~effusion~~ ^{small mistral} of

warm water with it. 3 The Cold Bath
to be effectual, shd. ^{frequently} be used two, three

or four times a day. - 4 Exercise or
frictions should be used after it.

~~5 shd be used in a warm room in winter.~~
5 Exercise should maintain a very
high rank as a medicine in all cases

V 10 45.

Instinct prompts to Bath:
Hot to Cold in winter & warm
in summer. Reason ap-
- proves of this instinct.

The skin sh^d be hard & ^{so}
insensible in Cold climates,
& ~~so~~ now Cold Bath produces
this state of the skin - It
sh^d be ^{soft} ~~loose~~ in warm
climates - now warm Bath
renders it so. Besides Diseases
of Warm Countries are
internal or visceral
Congestions &c - now warm
bath gives them an ex^{ter-}
=nal direction - while
Diseases of Cold Countries:

are more external as

Gout & Rheumatism -
now the Cold Bath by
~~hardening~~ ^{keeping} ~~destroying~~ ^{preserving}
-sibility of joints - prevents
them. — It prevents

fevers too by keeping sensi-
-bility on them - on ^{ch.} w.

Cold ^{air} acts in increasing

them. But very different ^{shd}
be the practice in the use of
the Cold & warm Bath in Debility.

- The Cold in summer only the
warm in winter.

46

✓ 1 It increases the circulation of the blood,
and the heat of the body. 2 It promotes
perspiration according to the manner
in which it used. Dr. Hume says a man
lost $3\frac{1}{2}$ & $\frac{3}{4}$ of an ounce of his weight ^{in 2 hours} when
in exercise in his house, - $3\frac{1}{2}$ in walking
the streets of Edinburgh ~~in the street~~ - and
 $3\frac{1}{2}$ in walking in the sun, ⁱⁿ ~~at~~ the same
time. Dr. Hume says Colliers lose $\frac{1}{5}$ of their
weight by labor in a day. 3 It promotes
the action of the Lymphatics - 4 It pro-
motes sanguification - 5 It increases
muscular strength & 6 It prevents or
cures Obesity. —

reason of —

of debility. It has been ^{divided} into
 passive & active. ^{Frictions - the chamber} ~~Riding~~ sailing - swinging

^{horse} & riding in a carriage are passive ex-
 -ercises. Walking - ^{is an active ex-} ~~riding on horse~~

ercise. Riding on ~~and labor with the~~ is horseback, and

labor ~~with~~ or amusement with the
 hands, ^{only} is of a mixed nature partly
 passive, & partly active. ~~The~~ ~~in cases~~

of extreme debility ~~begin~~. The
 following rules sh^d. be observed in the

use of exercise. 1 Begin in cases of

extreme debility with the passive
 exercises. Frictions are proper in

the first place. Impregnate the brush

or flannel you use with some
 such as Ardent Spirits or Rine.

gently stimulating medicine. The
 method

depends very much upon the constant
labor of their hands. - for how rarely
do we see those parts of the female body
unemployed?

+ Frank Hopkinson's story.

✓ The efficacy of frictions extends not only to
improve the tone of the muscles, but to improve
the secretions. A Cow that is well carried, gives
richer milk. A better milk than one that is not. They cannot
be too highly commended in cases of debility. I once
read a volume of Dr Boerhaave's letters of advice to his
patients. In every case I well recollect he advised the
daily use of frictions to the arms to the limbs or to every part of the body.

They hasten on all my efforts.

Chinese use the ^{47.}smoke of Myrror
and other aromatic gums for this
purpose. Perhaps some advantage
may be derived from rubbing the body
with a dry hand. The late discoveries
of ~~an electrical~~ fluid ~~which~~ in the
nerves
~~body~~, and its passing out of the body
^{gives}
~~makes~~ this mode of using friction
some probability of success. The ^{Chinese} ~~add~~
add to their frictions, gentle strokes
with the bare hand upon the limbs,
and body. They call it Shanffooing.
The effects of it are said to be wonder-
ful in overcoming debility. ^{It adds to the comeliness, and} ~~It even~~
beauty of the face in young people, and it even
makes old men young in point of
vigor & appearance. Next to
frictions come the cradle, & the
Chamber horse. [Describe the latter].

✓ effects of the labor of the hands only
~~in other~~ appears still more in women
who enjoy excellent health in the most
sedentary situations, - for how rarely
~~do~~ do we see those parts of the body in
the female sex unemployed? ^{the hands}
to disease - hump - &c

Afterwards the ~~good~~ exercise of the hands
in Shuttle Cock - ~~playing~~ throwing balls
~~into~~ into the air, and catching them as
they fall, - & lifting weights. ^{& of the feet} There is a curious
fact related by Dr. Peart which shows the benefit
of these partial exercises ^{of the limbs.} with the hands. The
Dr placed his hand in water of the temperature
of 56°. The water in 15 minutes rose to 65°. ^{of the feet}
When it remained stationary. By exercising
the ~~foot~~ hand & feet of the opposite side of his body
the heat of the water rose to 73° - a proof
that excitement was diffused ~~from~~ by exercise
from a part to the whole body. We see the
effects of it daily in many ~~Artificers~~ who
employ their hands ^{or} feet only in their
occupations - such as Shoemakers - Tailors
- Watchmakers - Silversmiths - Weavers &c
who notwithstanding enjoy good health,
and live to a great age. The good ✓

✓ These have great advantages over the Domestic exercises being enjoyed in the open Air. The benefits of Air appears in the greater strength of those which are most exposed & delighted by it. Swimming was first recommended by

Dr Hays with & Cassin Smith. I adopted it in the Pennsylvania hospital while I attended there in the summer months, & with the happiest effects. It filled & reduced the pulse in some cases. One case of pulmonary consumption was cured by it. Unfortunately it was believed to be a remedy first suggested by me, in consequence of which it was neglected

^{or as a boy age} sailing is useful in many ways. It affords ^{fresh} free pure Air - it excites the muscles to constant & gentle exercise - ^{by walking on deck or in the cabin} it creates a ^{of the ship or man of} disease in the stomach which digests the remains of other diseases, & by shaking the stomach renders it more active afterwards - ^{especially the solid & wholesome food of the ship,} in digesting food - & lastly it keeps up a perpetual conflict between the passions, ^{of} fear - terror - hope & joy - from the dangers of the sea - contrary winds - & the sight of land & friends. Sailors are generally healthy at sea when their

Swimming - gyrating - 48
Teaching & riding in a Carriage come
next. ^{gyrator hereafter -} The time may come, when
the Balloon ~~was~~ which has lately been
employed as yet only for the purposes
of amusement or war, may be
used as the means of restoring health.
- The gentleness of the exercise, the
purity of the air through which the
Balloon passes, and above all the
variety ~~in the~~ and conflict in the
emotions & passions of the mind, could
not fail of producing ^{invigorating} a ~~great change~~
_{It raised the pulse. -}
in a debilitated habit. Riding on
horseback is partly passive, & partly
active. It should be used ^{gently} ~~first~~
at first, and should be persisted in
for months, if we expect lasting

Ships are kept clean. Consumption^{is} is hardly known among them. ‡

V It has been commended above all other modes of exercise in the Pulm^r Consumption, & in ~~the~~ debili^{ty} states of the stomach & bowels. It expends less vitality than walking which =

‡ The Resolution Commanded by Capt. Cook lost but four men out of 118 in three years at a latitude the latitude of 2 - and 71. & one only of the 4 by sickness. ^{where a dry air is required patients should be sent to the equator of the ocean. Lett was not a drain there} ‡ One thing is of great importance

in the use of exercise; & i.e. - it sh^d soon after dyspepsia ~~be~~ be used before Breakfast, ^{soon after dyspepsia}

^{Shuttleworth}
Connected with exercise, as a tonic medicine is Labor. It not only prevents debility, and thereby ensures health, but it sometimes ~~removes~~ ^{cross} it, and thereby restores health. Hundreds of persons have been saved from ~~death~~ premature graves by involuntary labor, but ~~are~~ is imposed upon them by being reduced from ^{independence} affluence to the necessity of working for their subsistence. But Debility & even disease have been removed & cured by ~~late~~ voluntary labor - ^{two} remarkable instances of which are recorded in the 2nd number of Dr Foxe's museum. In both cases there was ~~was~~ great hereditary predisposition to that disease. ^{Diff^r kinds of labor hereafter}

benefit from it. ~~Walking~~ ^V is proper
only for light indispositions. It is
said therefore to be the means of
preserving, rather than of restoring

but ~~it~~ may be used when in diseases of great
health. In the use of all these
exercises, where it is safe to expend excitability
~~as certain exercises~~ species of exercise

change the habitual labor or employment.
In common case should be taken to
of invalids as Corp^s to ride &c.
avoid fatigue. It is by the excess of

these exercises that they are often
brought into disrepute. Follow the

old rule here - accommodate them
all to the condition of the system.

"ne quid nimis" & "omne nimium est naturale"
& certain ^{inimicus} ~~inimicus~~ ^{inimicus} ~~inimicus~~ by their
gentle stimulus, help to remove
debility. But remember Change of Occup^y?

& ~~Travelling is as agreeable, and~~

Debility left by Disease
 ✓ 2 of Season. The ~~digestion~~ ^{digestion} of summer seldom
 goes completely off till the middle of winter, while
 the debility induced by the ^{the disease} of the latter season, ~~is~~ ^{is} sometimes
 only to be cured by the air of midsummer.

✓ Habitual debility is sometimes removed by a
 change of Occupation. I once saw many trades impair
 health and strength. I once cured a Hatter by
~~advice~~ who was never well by advising him to
 quit his business. He did so & opened an Iron
 & money store. He now enjoys good health.

A change of dress, also of Diet, ^{acts like of climate.} & manuion
 & situation as to city & country ~~all~~ have
 all removed predisposing debility, & thereby
 prevented disease. — It would seem as if

Changes ^{were} essential to health, as well as ^{long} ~~as well as~~
~~in causing disease~~ We cannot ^{long} bear the same
 position of our bodies. Even our eyes & ears
 require variety. The same ~~misounds~~ ^{misounds} & objects
 soon fatigue us. After walking, we require
 standing — after standing we are ~~relieved~~ ^{relieved}
 by walking & after standing on leg, we are
 relieved by standing on another. Soles do the
 same. — heights —

11th
Dravilling is an agreeable ⁵⁰ & ^{shorter} - ^{the same}
useful stimulus. Here the remedy
Objects daily
consists in the body exercise, the
change of air, and a constant
perception of new Objects. —

12th ^{certain} ^{is} ^{highly} ^{useful} ⁱⁿ ^{strengthening} ^a
^{weak habit.} ^{It} ^{changes} ^{of} ^{climate} ^{pours} ^a ^{fresh}
quantity of stimulus upon a
debilitated system. Here new objects
& new companions destroy all former
associations of ideas & motions. These
two last remedies are particularly
useful

in all cases of nervous debility. X.
Changeable

13th Cheerful company, & light
reading of pleasant stories, add much
to the efficacy of all the above mentioned
remedies. Here too fatigue must
be avoided.

~~Under the head may
be included~~

19
V ~~18~~ a long lecture might be
given upon the necessity of weakly
people accommodating their dress to
the weather, and upon the dresses
proper for each every state of debility.
^{Better 3° too warm, than one too cold. Inflammation}
^{apt to take cold - tho' not always} ^{South} ^{caritable} ^{anxious}
Flannel, or Cotton next to the
~~skin~~ ^{They sh?}

Skin is proper in all cases.
^{be proper under small cloaths by men, & under}
^{the petticoats by women. They obviate the}
tight ligatures are improper on
^{the last two years.}
every part of the body, more espe-

-cially when weakly people lie
down to rest in the day time. From
the fulness of the blood vessels - the whole body swells.
As a feather bed ^{relaxes}, &
^{thus adds to debility,} it will be best
for debilitated people to sleep upon
a mattress. ^{laid down lower -} ^{slipping between blankets}
should be advised where debility is attended with
chilliness or heat below 96°. ^{Small terrors} ^{to be avoided.}

17 Always advise debilitated patients
 to go to bed early. Late hours ex=
 mented. night fever.

harsh the excitability of the
 System, and when spent as they
 generally are in a close room,
 they expose weakly people to the

18 Aphlog? Air of burning Candles. ^{They sh^d further be advised}
 to rise at the same hour as to alternate sides in sleeping.
 and never to sleep on the back.

19 The Night Air & Damps wea=
 ther are always hurtful in cases
 of debility. — so is 16 Mercury.

hence the advantage of ad=
 vising married men who are richly
 to travel — for by this means only
 they may be restr^d from injuring
 themselves by venereal pleasures. ✓

20 Of the medicines proper to

+ The effects of intoxication ~~any~~ upon persons
not in the habit of drinking strong drinks
might be tried with advantage. It once cured
a gent. in Maryland of nervous debility.

- Starts by suddenly ~~destroying~~ exciting the whole
system, & thus ~~locking~~ ^{bringing} it into good health.
Dr. Alghorn's fact. ^{see above p. 11. of Dr. Hennen's.}
V Mercury should not be over-

- looked as an universal stimulant,
after less disagreeable stimuli have
failed of success. - It will be most
useful where obstructions have taken
place from the languor of the circulation.

~~15 As debilitated persons are ^{see above + go up} subject
to taking cold, it should be obviated by
advising them to wear flannel next to
the skin. Fannel drawers should
be worn under small cloaths by
men, and under the petticoats of
women.~~

- Drunkenness. Mr. Earl's case to fillip
away his disease.

^{the different preparation}
overcome simple debility, ~~these~~

~~of~~ ~~Barks~~ of ~~iron~~ ~~bark~~,
are the best. It should be given

mixed with some pleasant bitter
medicine I say - ^{oil of amber} - garlic - and Tur-
pentine are all useful for the

same purpose. They may be taken
as frequently & as safely as food

²³
In the use of all these tonic
medicines, take care to attend to
the state of the system. ^{remember} Debility is

^{threshold}
the next door neighbor of disease,
& the system always in a craving state for it. Is always
and ~~also~~ hence we seldom find weakly
^{laxum or Pigeon}
people long free from ~~an~~ morbid
excitement in some part of the
body. In ^{such} all these cases when
they occur, tonics should be \neq
_{nam quere}

Intermitted till the occasional morbid excitement
is cured, of great consequence this. Fact of Unconsciousness
I have hitherto spoken of that.

degree of debility, in which the body
is capable of motion, or in which
the patient is able to walk about.
But there is a degree of debility w^{ch}

descends below this point, and appears
in the form of Syncope & palsy in all
both of which there is total ^{Alzheimer} action
of motion, and sometimes of per-
sensation. The remedies here should
be somewhat different from those
w^{ch} have been mentioned, & they sh^d.

be differently applied. In syncope
& apoplexy the excitement is highly
accumulated - hence the most gentle
stimuli are first indicated. The

away his disease.

intermittent, until the ~~erectile~~
 action is subdued. V

we come now ~~to~~ to the medicines
 which remove redundant or foreign
 matters from the body, & ^{are} offered by
 their quantity or quality. —

These matters are collected in the
 stomach, bowels, liver, ^{the bladder} ~~or~~ the thorax,
 bowels, and cellular membranes. They
 are mucus - an acid humor - Bile,
^{worms} ~~feces~~ - water - pus - calcareous ^{matters} ~~matters~~
 and fat.

~~They are~~ The remedies proper
 to discharge them are 1 Vomits. 2
 purges. 3 Diuretics, ^{5 anthelmintics} 4 Deobstruents,
 & 6 ⁷ tonics: ~~or~~ or depleting remedies
 according to the state of the pulse, &

feeble stimulus

~~Forget~~ of a few Drops of cold water
thrown on the face, or the smell of
burnt feathers, often cure Syncope in
a few minutes. Asphyxia from ~~low~~
exposure to cold or snow is cured by
the immersing the body in water of
its common temperature, which tho
cold, is warmer compared with the
morbid coldness of the body. I suspect
we use too powerful stimuli in
all ~~recent~~ recent cases of Palsy. The
gentle friction of a hand, rubbed ~~up~~
upon a limb has often done more
service than Nittles, Cantharides,
and all the different aromatic
volatile liniments. —

But there are cases in w.
go to p. 55 V.

of certain Surgical Operations.

~~§~~ ~~of~~ of medicines which remove diseases by mixing with, & thus destroying matter which offend by their quality. —

The medicines which belong to this class were formerly said to be very numerous, when diseases were supposed to depend upon morbid humors. They are now very much limited. ~~Perhaps the~~ ~~Bill~~ morbid Acid of the Stomach may be destroyed by magnesia ^{by} the Veg: alkali — by milk, and by an Animal diet. ^{Acid & morbid} Bill may be obviated by the plentiful use of Veg: acids. —

